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2022 年 5-8 月雅思口语 Part2 考题参考资料
（第二套故事<共五套>）

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2022 年 5-8 月雅思口语 Part2 考题列表（第 2 套故事）

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Describe a time when you had to wait in a traffic jam.

You should say:

When and where it happened

How long you were stuck due to bad traffic

What you did while waiting

And explain how you felt when you were stuck in that traffic jam.

1. 堵车的经历

I'd like to talk about the time when I got **stuck** in a traffic jam[1] on the **highway**.

It happened during the last **national** day holiday. At the time, my parents and I were **driving** to visit my **grandma** who lives in another city about a **2-hour** drive away[2]. There's a **highway** on the route to her place. We have to **pay** the toll[3] every time we pass there. It was a **holiday** that day, so **tons** of people were also going out of town. There were **huge** lines of cars waiting to pass the toll station. The traffic moved at a **snail's** pace[4] when we were still **kilos** from the toll booth[5].

We had to waste a **whole** hour waiting to pay the toll. There was **nothing** else to do but scrolled on my **phone** to pass the time, and I even had to put up with[6] other cars **cutting** in line and **honking**[7], which was really **annoying**. But one thing **cheered** me up[8] a little. Among the cars **jamming** there, one driver put on **music** in his car. It's sung in **Sichuan** dialect, which is **hilarious**. While the beat was **playing**, several guys in other cars nearby **rapped** together. They stuck their heads **out** their window[9] and started **singing**.

So those happy people made the waiting not **that** hard to put up with. That's **why** I remember this traffic jam so well. Still, I hope highway tolls can be **cancelled** one day to **improve** the traffic.

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[1] got stuck in a traffic jam: 遇到交通堵塞
[2] about a 2-hour drive away: 两个小时车程之外
[3] pay the toll: 付过路费
[4] moved at a snail's pace: 动的像蜗牛一样慢
[5] toll booth: 收费亭
[6] put up with: 忍受…
[7] honking: 按喇叭
[8] cheered me up: 让我高兴
[9] stuck their heads out their window: 把头伸出窗外

Describe a rule that you don't like

You should say:

What it is;

Why you don't like it;

How others feel about the rule;

And explain whether you've followed the rule.

2. 不喜欢的规则

Well, in my hometown, all **drivers** have to pay a **toll** to get on the highway[10]. I **don't** like this rule because it often makes cars get **stuck** in traffic, which wastes a **lot** of time.

I know this rule **well** because my **grandma** lives in another city about a **2-hour** drive away. So my parents and I visit her by driving almost **every** weekend. There's a **highway** on the route to her place. We have to **pay** the toll every time we pass there. Since we always drive on it during **weekends** and **tons** of people are also going out of town, we often get stuck at a **toll station** at an exit of the highway. There are **huge** lines of cars waiting to pass the toll station **all** the time. The traffic usually moves at a **snail's** pace when we are still **kilos** from the toll booth.

I really hope that one day the authorities[11] **cancel** this rule of paying tolls to access the highway. It'll be so **great** if **all** the toll stations on the highway can be **removed**. They are really a **pain** in the neck. In **most** cases, I have to waste **an hour** waiting to pay the toll. There's **nothing** else to do but scroll on my **phone** to pass the time, and I even have to put up with other cars **cutting** in line and **honking**, which is really **annoying**.

So, I think the highway toll is a **terrible** rule. It might be a **long** shot, but[12] I hope it can be **gone** for good to **improve** the traffic.

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[10] pay a toll to get on the highway：上高速公路要交过路费

[11] authorities：当局；政府部门

[12] It might be a long shot, but…：可能希望很小，但是…

Describe an interesting song.

You should say:

What the song is;

What story the song tells;

Whether the song is popular;

And explain why you think it is interesting.

3. 有趣的歌曲

I'd like to talk about a **rap** song called **'Daddy Ain't Going to Work Tomorrow'** sang by **Xie Di**, who is an excellent **rapper** and **songwriter** in China.

The **first** time I heard this song was when I was watching an **online** video on **Weibo**. The video happened during the last **national** day holiday. There was a **traffic jam** on a highway. To **pass** the time, one driver put on **music** in his car. It was the song I just said. It's sung in **Sichuan** dialect, which is **hilarious**. While the beat was **playing**, several guys in a car nearby **rapped** together. They stuck their heads **out** their window and started **singing**. Just like the **title** of the song, you could sense that these people are going to be **off** work tomorrow and are on **cloud nine** because of it.

I was **hooked** on the song right away. So I searched the **lyrics** of it on the internet. Every line speaks to the desire of a **working-class** man[13] who **doesn't** want to work but hopes to take a day **off**. It's definitely a **funny** song to listen to while you're **stressed out**. Actually it's Xie's **signature** song. It's said that **before** Xie Di became famous, he was also **working-class** just like the **majority** of us. But he **never** gave up on his passion for rapping. I think it is his **talent** and **grit** that helped him create this **popular** song. I hope he can write and sing **more** hit songs in the future. I'm looking forward to hearing **more** unique songs like this.

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[13] a working-class man: 工作族，工薪族

Describe someone who is well known/popular in your town, area or country.

You should say:

What s/he does;

How you know him/her;

Why this person is well known/popular;

And explain whether you like this person or not, and why.

4.（国家/家乡）有名的人

I'd like to talk about **Xie Di**, who is an excellent **rapper** and **songwriter** in China. He grew up in **Chengdu** the same as I did, so I paid some **attention** to him.

The **first** time I knew him was when I was watching an **online** video on Weibo. It happened during the last **national** day holiday. There was a **traffic jam** on the highway. To **pass** the time, one driver put on **music**[14] in his car. It was a **rap** song called **'Daddy Ain't Going to Work Tomorrow'**. I found out **later** that it was Xie's **signature** song. He sings it in **Sichuan** dialect, which is **hilarious**. While the beat was **playing**, several guys in a car nearby **rapped** together. Just like the **title** of the song, you can sense that these people are going to be **off** work tomorrow[15] and are on **cloud nine**[16] because of it.

Since I'm from **Sichuan**, I was **hooked** on[17] the song right away. And I searched and listened to **more** songs of his on the internet. He was the first **hip-hop** singer[18] from my **hometown** who became a **national** household name[19]. So I **respect** him for that very much. It is said that **before** Xie Di became famous, he was also **working-class**[20] just like the **majority** of us. But he **never** gave up on his passion for rapping[21]. I think it is his **talent** and **grit**[22]that make him successful. I'm very **proud** of a young celebrity from **my hometown** who has come a **long** way in music[23].

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[14] put on music: 放音乐
[15] going to be off work tomorrow: 明天不上班
[16] are on cloud nine: 非常高兴；开心极了；注意这个表达可以和 over the moon 同义替换
[17] was hooked on: 被…吸引住了；被…迷住了
[18] hip-hop singer: 嘻哈歌手
[19] a national household name: 一个在全国家喻户晓的人
[20] working-class: 工作族
[21] never gave up on his passion for rapping: 从未放弃对说唱的热爱
[22] grit: 决心；毅力
[23] come a long way in music: 在音乐方面取得了不小的成就；注意 come a long way 亦有"取得很大进展"的语义

Describe a skill that you learned from older people.

You should say:

What it is;

Who you learned it from;

How you learned it;

And how you feel about it.

5. 向长者学习技能

Speaking of a **skill** I learned from someone **older** than me, the **first** one that comes to mind is how I learned to take photos with a single-lens reflex **camera**[24]. Last year, I became **obsessed** with **DSLR** cameras because they shoot **way** better pictures than mobile phones do. So I wanted to learn some **photography** skills really bad[25].

You know, being a photographer **isn't** a walk in the park[26]. Luckily, my **uncle**, who is my mom's **brother**, is a **great** photographer. He's in his **fifties** and has been a professional photographer for over **30** years. So I tried to learn as **much** as possible from him. My uncle was very **patient** with me. He taught me a lot of **basic theories** of photography, like composition, lighting and timing[27]. He also gave me a ton of **hands-on** experience[28]. For example, on weekends he often took me somewhere **beautiful** to take pictures. He taught me **step by step**[29] how to adjust the camera's mode and exposure level[30] to suit **different** environments and brightness levels[31].

Honestly, it's **easier** said than done[32]. I really **tried** to operate the camera the way my uncle taught me. Now I shoot **way** better pictures than before, and I learned a **lot** about composition. But to be **frank**, there are still a lot of **techniques** I need to practice. The **night** photos I take often look blurry.

So, I've only scratched the **surface** of[33] photography. I will keep learning **more** from my uncle. I really look forward to making a **great** work portfolio[34] to share with him.

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[24] single-lens reflex camera：单反相机
[25] wanted…really bad: 非常想要….
[26] isn't a walk in the park：并非闲庭信步那般；形容并不是一个容易的事情
[27] composition, lighting and timing：构图、灯光和时机
[28] hands-on experience：实践经验
[29] step by step：一步一步的
[30] adjust the camera's mode and exposure level：调整相机的模式和曝光水平
[31] brightness levels：亮度
[32] it's easier said than done：说起来容易做起来难
[33] scratched the surface of：涉猎…的皮毛
[34] work portfolio：作品集

Describe an ambition you haven't yet achieved

You should say:

What your ambition is;

How long you have had this ambition;

How you plan to achieve it (or what you have done);

And explain why you haven't achieved it yet.

6.未实现的志向

I've always had a dream of being a **photographer**. My **uncle**, who's my mom's **brother**, has been a **professional** photographer for 30 years. So I know the ins and outs of[35] the job **pretty** well. You get to take photos at places with **beautiful** views and you can get **decent** pay for it. So it's **definitely** my dream job.

However, being a photographer is **not** a walk in the park. You have to know a **ton** of **basic theories** of photography, like composition, lighting and timing. Luckily, our school offers an **elective** course of photography, and I took it **last semester**. The instructor gave us a ton of **hands-on** experience. For example, he taught us **step by step** how to adjust the camera's mode and exposure level to suit **different** environments and brightness levels.

Honestly, it's **easier** said than done. I really listened to each class **carefully** and **tried** to operate the camera like the instructor taught us. I do shoot **way** better pictures than before, and I learned a **lot** about composition. But to be **frank**, there are still a lot of **techniques** I need to practice. The **night** photos I take often look **blurry**.

So, I've only scratched the **surface** of photography. I need **more** shooting experience to get the hang of it. Actually my plan is to make a **great** work portfolio first, then I think it'll be a **breeze** for me to make a **living** from photography. I hope I can make my dream come **true** soon.

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[35] I know the ins and outs of：我知道这个…的里里外外（详细情况）

Describe a contest/competition you would like to participate in

You should say:

What the contest/competition is about;

Where the contest/competition will take place;

When it will be held;

And explain why you would like to participate in it.

7. 想参加的比赛

The competition I want to take part in is an **annual photo contest** that my **hometown** holds. Actually, I've become **obsessed** with **DSLR** cameras for years. And I'm working **hard** to grasp this skill. I hope to **join** the municipal photo contest[36] this year to **test** my photography skills.

Shooting a good picture is **not** a walk in the park. You have to know a **ton** of **basic theories** of photography, like composition, lighting and timing. Luckily, our school offers an **elective** course of photography, and I took it **last year**. The instructor gave us a ton of **hands-on** experience. For example, he taught us **step by step** how to adjust the camera's mode and exposure level to suit **different** environments and brightness levels.

I really listened to each class **carefully** and **tried** to operate the camera like the instructor taught us. I shoot **way** better pictures than before, and I learned a **lot** about composition. So I'd **love** to sign up for **this year's** photo contest. I've learned that the **contest theme**[37] this year is the **landscape** of my hometown. I've already come up with some **plans**. Of course, it'd be the **cherry** on top if[38] I could win a **prize** by any chance. I might be able to make a **great** work portfolio, then I think it'll be a **breeze** for me to[39] make a **living** from photography. But even if I **don't** win anything, it'll still be a **great** learning experience for me by seeing more **great** artworks.

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[36] municipal photo contest：市级的摄影比赛
[37] contest theme：比赛主题
[38] it'd be the cherry on top if：如果…那可就是锦上添花了
[39] be a breeze for me to：对我来说去做…是很轻松的事

Describe a person who you follow on social media.

You should say:

Who he/she is;

How you knew him/her;

What he/she posts on social media;

And explain why you follow him/her on social media

8. 社交媒体上常刷的人

I'd like to talk about a **TikTok influencer**[40]. He's also a professional **photographer**. I started being a **fan** of him last **summer** when I had just taken a liking to **DSLR** photography. You know, DSLR cameras shoot **way** better pictures than mobile phones do. Of course, if you're **good** at it, it can even allow you to moonlight as a **photographer**.

So, to learn **more** about photography, I followed **several** popular bloggers and influencers. He's **one** of them. I often watch his **videos** on TikTok because not only does he show **beautiful** examples of his photography, but he also **teaches** the audience a ton of **basic theories**, like composition, lighting and timing. I was especially impressed by a **video** in which he taught us **step by step** how to adjust the camera's mode and exposure level to suit **different** environments and brightness levels.

I'm so **grateful** to this TikTok influencer for **sharing** so many tips in his videos with us. I do shoot **better** pictures than before, and I learned a **lot** about composition. But to be **frank**, there are still a lot of **techniques** I need to practice. The **night** photos I take often look **blurry**.

So, I've only scratched the **surface** of photography. I need **more** shooting experience to get the hang of it. And I will **continue** following his account[41] and learn from him. It's **rare** to find such a **good** way to learn so much **real** stuff[42] about photography.

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[40] influencer: 网红

[41] following his account: 关注他的账号

[42] real stuff：干货

Describe the thing that you cannot live without (except phone and internet)

You should say:

What it is;

Why you can't manage without it;

How long you have had it for;

And explain how you felt when you were without it.

9. 生活中不可或缺的东西

I'm a **big** fan of[43] **photography**, so I'd like to talk about a single-lens reflex **camera** I bought. Just like others who take photos for a **hobby** or a **living**, I **couldn't** live without it.

I bought this camera **last year**. At the time, I was **obsessed** with learning how to take **photos** with a single-lens reflex camera. I'd been hoping to learn this skill for a **long** time because it sounds really **intriguing**. Luckily, our school offers an **elective** course of photography, and I took it **last** semester. Everyone was required to bring their **own camera** to class, so I bought my **first** DSLR camera for it.

It was a **beginner**-level[44] Sony DSLR that cost me **6000** yuan. It has a **silver-black** exterior and looks like an **old** style DV. To be honest, I **liked** the look of it, so I bought it **right away**.

It's a very good DSLR for **beginners** because it's **easy** to operate and has always been **user-friendly**[45] for me. I use it from **time** to **time**. The camera shoots **way** better pictures than my mobile phone does. Now it has become a **must-have** device on my family trips. Besides, I love using it to capture the **happy** and **sad** memories in life. I also took photos of the **sunrise** and **sunset** with it, as well as some beautiful moments with my **friends**. So, even though it cost me an **arm** and a **leg**[46], I think I make the **most** of it[47] and it has definitely become an **essential** piece of equipment in my life.

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[43] I'm a big fan of: 我是…的迷；此句指：我是一个摄影迷

[44] beginner-level: 入门级；初学者级

[45] user-friendly: 人性化的；对用户友好的

[46] cost me an arm and a leg: 花了我一大笔钱

[47] make the most of it: 物尽其用；最大化利用它

Describe an invention that has changed the world in a positive way.

You should say:

What it is;

What benefits it has brought;

How it influences people of different ages;

And explain how it changed people's lives.

10. 让生活变得更好的发明

I'm a **big** fan of **photography**, so if I had to name one **invention** that made the world **better**, just like others who take photos for a **hobby** or a **living**, my answer would be the invention of the **camera** as well.

I learned a **lot** about **cameras** last summer. At the time, I was **obsessed** with learning how to take **photos** with a single-lens reflex camera. I'd been hoping to learn this skill for a **long** time because it sounds really **intriguing**. Luckily, our school offers an **elective** course of photography, and I took it **last** semester. In class, the teacher told us many **stories** about the **development** of the camera. I remember that the **first** person to invent the camera was a **Frenchman** 150 years ago. At the time, the camera looked like a **heavy wooden** box.

Nowadays, there are **countless** types and models of cameras that suit **everyone's** needs. Most of them are **easy** to operate and are always **user-friendly** for beginners. I think it's a really **great** invention because **most** people use cameras from **time** to **time**. It's a **must-have** device on many family trips. People love using it to capture the **happy** and **sad** memories in life. In my **own** case[48], I like taking photos of the **sunrise** and **sunset** with my camera, as well as some beautiful moments with my **friends**. **Without** cameras, these beautiful moments might **never** have been captured and would be **harder** to recall[49] after years. So I think the camera has **enriched** people's spiritual life[50] and is an invention that **boosts** people's happiness[51].

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[48] In my own case：就我而言
[49] harder to recall：很难回忆起来
[50] enriched people's spiritual life：丰富了人们的精神生活
[51] boosts people's happiness：提高人们的幸福感

Describe something in your home that you broke and then repaired.

You should say:

What it is;

How you broke it;

How you repaired it;

And how you felt about it.

11. 坏掉又修好的东西

When it comes to something I **repaired**, I'd like to talk about a single-lens reflex **camera** I bought last year.

At the time, I was **obsessed** with learning how to take **photos** with a single-lens reflex camera. Luckily, our school offers an **elective** course of photography, and I took it **last** semester. Everyone was required to bring their **own camera** to class, so I bought my **first** DSLR camera for it. It was a **beginner-level** Sony DSLR that cost me **6000** yuan. It has a **silver-black** exterior and looks like an **old** style DV. I really like it because it's **easy** to operate and has always been **user-friendly** for me.

Unfortunately, half a year later, I **accidentally** dropped the camera on the ground while taking photos. The display screen was **cracked**[52]. I went to a **repair shop**, and the tech there said the screen replacement would cost **600** yuan. I **didn't** think it would be so expensive, so I decided to do it **myself**. Luckily, I bought a screen replacement kit[53] for my model **online**, and after receiving it, I **carefully** replaced the screen myself by following the **instructions**.

Eventually, I **managed** to fix it. You know, the camera is a **must-have** device[54] on my family trips. So I was **over** the moon[55] that I could **fix** it up[56]. Plus, I only spent **60** yuan on the repair, which gave me a sense of **accomplishment** as well. After all, a penny **saved** is a penny **earned**[57].

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[52] The display screen was cracked: 显示屏裂了
[53] a screen replacement kit: 一个换屏套件
[54] a must-have device: 必备的设备
[55] over the moon: 非常高兴；欣喜若狂
[56] fix it up: 修好它
[57] a penny saved is a penny earned: 省一分等于挣一分；省钱就是赚钱

Describe an occasion that you lost something in a public place.

You should say:

What you lost;

When and where you lost it;

What you did to find it;

And explain how you felt about it.

12. 丢失东西

Speaking of something I **lost**, I'd like to talk about a single-lens reflex **camera** I bought last year. At the time, I was **obsessed** with learning how to take **photos** with a single-lens reflex camera. Luckily, our school offers an **elective** course of photography. Everyone was required to bring their **own camera** to class, so I bought my **first** DSLR camera for it. It was a **beginner-level** Sony DSLR that cost me **6000** yuan.

Unfortunately, half a year later, I **accidentally** lost the camera while taking photos. My parents and I were driving to Kunming to watch **seagulls** at the famous **Green Lake**. I took a **lot** of pictures there, but I **misplaced**[58] my camera later when I focused on **feeding** the birds. I was **freaking out** since it's worth **6000** yuan! 🤯

I went back to the **lake shore** to check, but it **wasn't** there. Then I went to the park's **management** office to look for it. The staff told me I could check a **lost-and-found app** to see if anyone had **posted** about my camera. It was **brilliant** since I actually found a **post** of **my** camera. A **high school** student found it and posted **all** the details about the lost camera.

It was a **real** surprise to me[59]. I'm very **grateful** to that student. You know, the camera is a **must-have** device on my family trips. So I was **over** the moon[60] that I got it back. Now I check my belongings **multiple** times[61] everywhere I go. I **don't** want to make the same mistake again.

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[58] misplaced：放错地方

[59] It was a real surprise to me：这对我来说真的是一个惊喜

[60] over the moon：高兴极了

[61] check my belongings multiple times：多次检查我的随身物品

Describe a difficult decision that you once made but had a good result.

You should say:

What the decision was;

When you made your decision;

How long it took to make the decision;

And explain why it was difficult to make.

13. 困难但有好结果的决定

Last year, I made a **tough** decision to buy a **camera**. At the time, I was **obsessed** with learning how to take **photos** with a single-lens reflex **camera**. Luckily, our school offers an **elective** course of photography. But everyone was required to bring their **own camera** to class, which meant I had to **buy** a DSLR camera.

I did a **lot** of research and found most decent[62] cameras would cost me **5000** to **10,000** yuan. The one I intended to buy was a **beginner-level** Sony DSLR that was **6000** yuan. It has a **silver-black** exterior and looks like an **old** style DV. To be honest, I **liked** the look of it. But as a student with **no** income, buying this camera meant I would have to scrimp and save for **months**[63]. So I hesitated for a **long** time.

It was my **friend** who **talked** me into it. He says life is so **short**. You'll never **regret** spending money on your **hobby**. I think what he said **made sense**. I finally made up my mind and **bought** it. It turned out that I **didn't** throw money down the drain[64]. After I **started** taking the elective course, I really listened to each class **carefully** and **tried** to operate the camera like the instructor taught us. I shoot **way** better pictures than before, and I learned a **lot** about composition. I'm even thinking about making a **living** from photography. So all in all, it was one of the **hardest** but also most **gratifying** decisions[65] I've ever made.

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[62] decent：像样的；不错的

[63] scrimp and save for months：省吃俭用几个月

[64] throw money down the drain：把钱打水漂

[65] one of the hardest but also most gratifying decisions：最艰难但也是最令我满意的决定之一

Describe a person whose work/job is useful to society.

You should say:

Who this person is;

How you knew him/her;

What type of work he/she does;

And explain why you think his/her work is useful to the society.

14. 对社会有贡献的人

I think my **cousin's** work is very **meaningful** and **valuable** to society. He's running a **pet** shop that's devoted to cats. This is the **first** and **best** pet store in my hometown.

My cousin is very **young**, only in his early **thirties**. Many people who **don't** really know him think he's kind of a **hippie**[66] because he has a **weird** sense of style[67]. He often goes out wearing a **long** coat in **bright red** and a **leopard** print blouse[68]. He is definitely the **highlight** of a crowd. Everyone is **blown away** by his style. I've **never** seen a boss dressed like this. But he's actually a very **kind** and **gentle** person who loves **cats**. So he came up with the idea of opening a **pet** shop.

At the beginning, it was just a **small** shop that sold **cat food**. But he kept exploring **new** areas and **expanding** his business. Now his shop **dabbles** in lots of things[69]. They sell a **wide** range of cat products and provide services like pet **grooming**[70] and even a **cat café** where you can play with kittens.

I find my brother's work **valuable** because he's made lots of **contributions** to helping **cats** and their **owners**. You know, a lot of cat owners see their cats as **family members** who keep them **company**[71] and **soothe** their mind[72] every day. So helping the owners take **care** of the cats means a **lot** to my brother, which, from **my** perspective, is equivalent to a great **contribution** to society.

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[66] hippie: 嬉皮士
[67] a weird sense of style: 奇怪的穿衣品味
[68] a leopard print blouse: 豹纹上衣
[69] dabbles in lots of things: 涉足（销售）很多东西
[70] pet grooming: 宠物护理；宠物美容
[71] keep them company: 陪伴他们
[72] soothe their mind: 抚慰他们的心灵

Describe a person you only met once and want to know more about

You should say:

Who he/she is

When you met him/her

Why you want to know more about him/her

And explain how you feel about him/her

15. 一见且想再见的人

I'd like to talk about my **friend's cousin**. Last month, when I was hanging out with my **friend**, we met up with[73] his cousin who's running a **pet** shop that's devoted to cats.

My friend told me that many people who **don't** really know his cousin think he's kind of a **hippie** because he has a **weird** sense of style. It's **true**, because the **first** time I met him, he was wearing a **long** coat in **bright red** and a **leopard** print blouse. He is definitely the **highlight** of a crowd. I've **never** seen a boss dressed like this. So it gave me the **impression** that he is a very **unique** person.

Although he had a **lot** on his plate[74] that day and we only got to **exchange greetings**[75], I could sense that he is **humble** and **driven** at work. Later my friend told me that his cousin hates those **9-5** office jobs[76]. So he started his **own** business after college. At the beginning, it was just a **small** shop that sold **cat food**. But he kept exploring **new** areas and **expanding** his business. Now his shop is one of the **best** pet stores in my hometown.

I think he's done **quite** well for himself. I really admire a young man for having such **great** achievements. So I'd love to have a proper **conversation** with him[77]. I'm very **interested** in his experience of starting up a business, which I believe will give me some **insights**[78]. And it'd be **great** if we could become friends.

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[73] met up with: 和…见面； 和…偶遇
[74] had a lot on his plate: 非常忙；事情很多
[75] exchange greetings: 互相打招呼
[76] 9-5 office jobs: 朝九晚五的办公室工作
[77] have a proper conversation with him: 和他好好的聊一次
[78] give me some insights: 给我一些真知灼见

Describe an interesting neighbor.

You should say:

Who he/she is;

How you knew him/her;

What you do together;

And explain why he/she is interesting.

16. 有趣的邻居

I'd like to talk about my **neighbor** who lives on the **same floor** as I do. If memory serves **correctly**, we've been neighbors over **two** years. He's very **young**, only in his early **thirties**. And he's a very **business-minded** person with a **charming** personality.

We **first** met when he just **moved** into the building. I saw him in front of the **elevator**. The **first** impression he gave me is that he lives on his **own** terms[79]. He has a **weird** sense of style. At the time, he was wearing a **long** coat in **bright red** and a **leopard** print blouse. He is definitely the **highlight** of a crowd. I've **never** seen someone dressed like this. So it gave me the **impression** that he is a very **unique** person.

That was **confirmed** after we talked more. He runs a **pet** shop that's devoted to cats. He said he hates those **9-5** office jobs. So he started his **own** business after college. At the beginning, it was just a **small** shop that sold **cat food**. But he kept exploring **new** areas and **expanding** his business. He always comes up with a **lot** of original ideas for his shop. Now his shop is one of the **best** pet stores in my hometown.

I really **admire** a young man for having such **great** achievements. And I'm **happy** to be **neighbors** with him. Honestly, I'd love to have more **proper** conversations with him. I'm very **interested** in his experience of starting up a business, which I believe will give me some **insights**.

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[79] he lives on his own terms: 按照自己的方式生活；过的随心所欲

Describe a friend you like to talk with

You should say:

Who he/she is;

What you like to talk about;

Why you like to talk with him/her;

And explain how you feel about him/her.

17. 喜欢一起聊天的朋友/享受的聊天对象

Speaking of someone who I'd like to **talk** with, the **first** person that comes to mind is a **new friend** I made last year.

He is very **young**, only in his early **thirties**. There are never any **gaps** in the conversation[80] when we talk. And he runs a **pet** shop that's devoted to cats. He's literally a **cat-pedia**[81]. You can ask him **whatever** questions you have about cats. Having such a friend is **wonderful** for a cat owner like **me**. I have an orange **cat**[82]. There was a time that it **wouldn't** eat and often **drooled**[83] at the mouth for several days. So I took the cat to **him**. He figured out the cause just in **a few** minutes. He gave me a few **Vitamin D** pills for cats, and also some **tips** about **how** to take care of a cat properly. He's so **professional**. So since then, I **often** talk about **cats** with him.

Besides, he has a **knack** for running a **business**. He always comes up with a **lot** of original ideas for his shop. The **last** time I met him, he said he was working on a pet **training** program, which is really an **inspired** idea. Honestly, **every** time I talk to him, I learn a **lot**. So that's the **main** reason that I **love** having conversations with him. I'm **interested** in what he is good at so I can chat with him **all day** without getting tired[84]. It's really **good** to have such a **knowledgeable** friend. I hope our friendship can last **forever**.

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[80] There are never any gaps in the conversation: 交谈的时候从来没有代沟

[81] cat-pedia: 猫百科，形容关于猫什么都懂

[82] an orange cat: 一只橘猫

[83] drooled: 流口水

[84] chat with him all day without getting tired: 和他聊天一整天也不累

Describe someone you really like to spend time with

You should say:

Who this person is;

How you knew him/her;

What you usually do together;

And explain why you like to spend time with him/her.

18. 想共度时光的人

Speaking of someone who I'd like to spend **time** with, the **first** person that comes to mind is my **cousin**. He is an **interesting** and **knowledgeable** man.

My cousin runs a **pet** shop that's devoted to cats. He is **very** young, only in his early **thirties**. Many people who **don't** really know him think he's kind of a **hippie** because he has a **weird** sense of style. He often goes out wearing a **long** coat in **bright red** and a **leopard** print blouse. He is definitely the **highlight** of a crowd. So it's **fun** to hang out with him outside because he turns people's heads[85] **all** the time.

Besides, he's a **cat-pedia**. You can ask him **whatever** questions you have about cats. I have an orange **cat**. There was a time that it **wouldn't** eat and often **drooled** at the mouth for several days. So I took the cat to **him**. He figured out the cause[86] just in **a few** minutes. He gave me a few **Vitamin D** pills for cats, and also some **tips** about **how** to take care of a cat properly. He's so **professional**. I think **every** cat owner **should** be friends with him.

Anyway, he also has a **knack** for[87] running a business. He always comes up with a **lot** of original ideas for his shop. The **last** time I met him, he said he was working on a pet **training** program, which is really an **inspired** idea. Honestly, **every** time I talk to him, I learn a **lot**. So that's the **main** reason that I **love** spending time with him.

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[85] he turns people's heads: 他吸引大家的注意力；马路上回头率很高

[86] figured out the cause: 找出了原因

[87] has a knack for: 对…很擅长

Describe a family member who you want to work with in the future.

You should say:

Who he/she is;

What kind of person he/she is;

What kind of work you would like to do with him/her;

And explain how you felt about this family member.

19. 想共事的家人

Speaking of someone who I'd like to **work** with, the **first** person that comes to mind is my **cousin**. He's a very **business-minded** person[88] with a **charming** personality.

Many people who **don't** really know him think he's kind of a **hippie** because he has a **weird** sense of style. He often goes out wearing a **long** coat in **bright red** and a **leopard** print blouse. He is definitely the **highlight** of a crowd. Actually I think it'd be a **lot** of fun to work with such a **unique** person every day.

Plus, my cousin has a **knack** for running a **business**. He runs a **pet** shop that's devoted to cats. At the beginning, it was just a **small** shop that sold **cat food**. But he kept exploring **new** areas and **expanding** his business. He always comes up with a **lot** of original ideas for his shop. Now his shop is one of the **best** pet stores in my hometown. The **last** time I met him, he said he was working on a pet **training** program, which is really an **inspired** idea.

Honestly, **every** time I talk to him, I learn a **lot**. So that's the **main** reason that I'd love to work with him. I'm very **interested** in his experience of starting up a business. I expect to learn **more** about entrepreneurship[89] and management from him. Maybe I can be his **helper** in the future and make his pet shop grow into a **family business**[90] that lasts for a **long** time.

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[88] business-minded person：有商业头脑的人

[89] entrepreneurship: 企业家精神

[90] grow into a family business: 发展成一个家族企业

Describe a time when you were very busy.

You should say:

When it was;

What you had to do during that time;

How you managed it;

And explain how you felt about being much busy.

20. 忙碌的经历

I'd like to talk about the day I **worked** at my cousin's **shop**. He's running a **pet** shop that's devoted to cats. This is the **first** and **best** pet store in my hometown. Since I'm a **cat lover**, I thought it'd be **fun** to give my cousin a **hand**[91] at his shop. He **agreed** to it and said I could try it out for **one day** to see if it **suited** me[92].

So on a **Sunday**, he made a **work schedule** for me to follow. Most of my job was handling the **odds** and **ends**[93], which he said was a **must** for interns[94]. My cousin offers a **lot** of after-sale services. If you become a **member**, you can enjoy **tons** of exclusive services for free, like pet **grooming** and drinking **coffee** while playing with lots of **cute** kittens. So for that **entire Sunday**, I was either helping **bathe** the cats or keeping an **eye** out for[95] which kitty was trying to **sneak** outside[96]. I was busy as a **bee**[97] and even had to **run** to the washroom when I wanted to use it. It's no **exaggeration** to say that[98] even a cat lover like **me** wanted to stay **away** from cats after a **whole** day's work at his shop.

So I really learned how **hard** it is as a **pet-care** worker. And the experience made me **admire** my cousin even more. I think his success is **inseparable** from the terrific **service** he provides. So I foresee **bigger** success for his shop in the future.

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[91] give my cousin a hand: 给我表哥帮个忙
[92] to see if it suited me: 看看是不是适合我
[93] handling the odds and ends: 处理杂七杂八的东西
[94] a must for interns: 实习生的必修课
[95] keeping an eye out for：随时留意
[96] sneak outside：偷偷溜出去
[97] busy as a bee：忙得不可开交
[98] It's no exaggeration to say that：不夸张的说

Describe something that you received for free.

You should say:

What it was;

Who you received it from;

Where you received it;

And explain how you felt about it.

21. 免费物品

I'd like to talk about a **pet** shop that's devoted to cats. I didn't spend a **dime**[99] the first time I visited there.

I have an orange **cat**. There was a time when the cat **wouldn't** eat for several days. I was so **worried** about it and one of my friends **referred** me to this pet shop. She told me the staff members there are all **cat-pedias**. So I took the **cat** to this store. The staff there **checked** the cat first and gave me a few **Vitamin D** pills for cats. They even gave me some **tips** about **how** to take care of a cat properly. They didn't charge me **anything** for the pills. The guy there said they **wouldn't** charge for doing such a **small** favor for me[100]. I was amazed at how **kind** and **generous** they are.

The **whole** affair really left a **mark** on me. Now I'm a **regular** there[101]. They sell a **wide** range of cat products and offer a **lot** of after-sale services[102], which is very **thoughtful** for customers. If you become a **member**[103], you can enjoy **tons** of exclusive services[104] for free, like pet **grooming**[105] and drinking **coffee** while playing with lots of **cute** kittens.

It's said the owner of the shop is **very** young, only in his early **thirties**. I really **admire** a young man for having such **great** achievements. But I think his success is **inseparable** from[106] the terrific **service** he provides. So I foresee[107] **bigger** success of this shop in the future.

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[99] didn't spend a dime：一分钱也没花
[100] doing such a small favor for me：帮我一个小忙
[101] I'm a regular there: 我现在是那里的常客
[102] after-sale services: 售后服务
[103] become a member：成为会员
[104] exclusive services：专属服务
[105] pet grooming：宠物护理；宠物美容
[106] inseparable from：离不开；分不开
[107] foresee：预见

Describe a special cake you received from others.

You should say:

When it happened;

Where it happened;

Who you got the cake from;

And explain why it's a special cake.

22. 特别的蛋糕

Speaking of a **special** cake, the **first** one that comes to mind is a cake I got from a **pet** shop that's devoted to cats. They once gave me a **birthday cake** that is designed in the shape of a **cat**.

The shop was opened **last year**. They sell a **wide** range of cat products and offer a **lot** of after-sale services, which is very **thoughtful** for customers. If you become a **member**, you can enjoy **tons** of exclusive services for free, like pet **grooming**, **cleaning** and even receiving a **free cake** as a gift on your **birthday**.

I remember the day **before** my last birthday, the shop sent me a **text message** to wish me a **happy birthday** and let me know that they prepared a **gift cake** for me. So I went there all **excited**[108] and received a **Hello Kitty** cheesecake that could serve **four** to **six** people. It had a **cute** drawing of a cat face on it. Most **importantly**, there was **writing** on the cake that said[109] "To my **owner** who takes care of me", which was clearly written from **my cat's** point of view.

I think this cake is **super** creative and it **totally** understands the **feelings** of cat owners. So I was **deeply** impressed by the cake and liked the shop even **more**. It's said the owner of the shop is **very** young, only in his early **thirties**. I really **admire** a young man for having such **great** achievements. But I think his success is **inseparable** from his creativity. I foresee **bigger** success of this shop in the future.

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[108] I went there all excited：我很激动的去了那里

[109] there was writing on the cake that said：蛋糕上有字说:…

Describe an interesting discussion you had with your friend (as part of your work or studies).

You should say:

What the discussion was about;

What opinions you and your friend had;

What was the result of the discussion;

And why you think the discussion was interesting.

23. 有趣的讨论

I had an **interesting** discussion with several **classmates** when I was in **college**. It was during an **Economics** course. The professor gave us a **group** assignment[110] to create a **plan** for a start-up business[111]. So we had to discuss how to **handle** the assignment.

I remember our discussion was very **fruitful**[112]. We **all** had some ideas and mine was designing a plan to open a **pet shop**. You know, a lot of cat owners see their cats as **family members** who keep them company and soothe their mind every day. So I think there should be a **niche** market for **helping** people take care of their pets. Maybe what I said was more **convincing**. **Everyone** was on board with my idea[113], so we continued to discuss a **possible** business in the form of a **pet** store.

We came up with a **lot** of original ideas for the store, such as providing services like pet **grooming** or building a **cat café** where you can play with kittens. Someone even suggested offering a pet **training** program. All of them were really **inspired** ideas. We ended up selecting **two** of them and created the **final** business plan together.

Our group got a **high** mark for the assignment[114]. So this discussion gave us a **great** sense of achievement. I **like** this kind of discussion because we can learn a **lot** from each other and it's also a great **bonding** time for us[115]. Group discussion is definitely a **fun** way to learn.

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[110] group assignment：小组作业
[111] a start-up business：一个初创企业
[112] fruitful：有成果的；硕果累累
[113] Everyone was on board with my idea：大家都同意我的想法
[114] got a high mark for the assignment：这次作业得了高分
[115] a great bonding time for us：一个对我们来说增进关系的机会

Describe something that helped you learn a language.

You should say:

What it is;

What language you learned;

How it helped you learn the language;

And how you felt about it.

24. 帮助学习语言的工具

Well, several **months** ago, I formed a **Spoken** English practice **group** with some friends. **Whenever** we meet up, we have discussion activities in **English**. I think it's a very **good** way to improve our English.

We often meet at a **coffee** shop which is about a **15-minute** walk from our college. Usually, we **choose** a topic that we're **all** interested in and **discuss** it. For example, the **last** time we talked about opening a **pet shop**. You know, a lot of cat owners see their cats as **family members** who keep them company and soothe their mind every day. So this is a really **engaging** topic for us.

The discussion that day was very **fruitful**. We came up with a **lot** of original ideas for the pet store. Most **importantly**, **everyone** expressed their opinions in **English**. And I learned many **new** words related to cats and business. For example, one of us talked about providing services like pet **grooming**. And another person suggested offering a pet **training** program. I didn't know these **phrases**[116] until they shared them.

In fact, we had **tons** of group talks[117] like that. During **every** discussion, I was **immersed**[118] and kept **thinking** in English. So whenever our meetings **end**, I always feel my **spoken English** gets better. I really **like** this kind of discussion. We can learn a **lot** from each other and it's also a great **bonding** time for us. Group discussion is definitely a **fun** way to learn a **language**.

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[116] phrases：短语

[117] group talks：小组讨论

[118] immersed：沉浸在…

Describe a time when you were asked to give your opinion.

You should say:

when it was;

why you were asked to give your opinion;

what opinion you gave

and explain how you felt about giving your opinion.

25. 别人向你寻求意见

I once gave a **cousin** of mine some **suggestions** about her **job**. Last **summer**, she was looking for a **part-time job**, but she didn't know **what** jobs she really wanted to do, so she came to **me** for some advice.

At the time, a friend of mine had just opened a **pet shop** that's devoted to[119] **cats**. They were hiring **more** staff. Then the idea of **introducing** my cousin to this pet shop **popped up** in my mind[120] right away because she would fit this shop to a **tee**[121].

But she **doubted** herself at the beginning. She felt that she couldn't do it **just** because she **likes** cats. I **tried** my best to help her see past her worries[122]. I told her the **worst** failure is **not trying**. And even if you feel **out** of your depth[123] at this job, you still **learn** something from it and you have **nothing** to lose. And I also helped her realize **why** she is the **right** person for the job. She likes talking with **strangers** and she basically knows **everything** you want to know about cats. I bet both customers and the owner would be **satisfied** with her performance.

After **hearing** me out[124], my cousin decided to give it a **try**. So I **referred** her to my friend. It turned out that she's basically a **pro**[125]. She said almost **all** the customers like her. Everyone feels she's pretty **reliable**. And she started taking a **liking** to this job[126]. I'm really **glad** that my advice worked for her.

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[119] devoted to: 专注于…;致力于…
[120] popped up in my mind: 在我脑子里冒出来…的主意
[121] fit this shop to a tee: 非常适合这家店（的工作）
[122] see past her worries: 放下她的烦恼; see past 的用法如有疑问，请微信留言问 Penny 老师
[123] feel out of your depth: 感到力不从心;感到无法胜任...
[124] hearing me out: 听我说完
[125] a pro: 一个专家
[126] taking a liking to this job: 喜欢上这份工作

Describe an occasion when someone gave you positive advice or suggestion about your work/study

You should say:

Who the person is

What he/she said

How the advice/suggestion affected you

And explain how you felt about the advice/suggestions

26. 工作/学习中的积极建议

My **cousin** once gave me a piece of **advice** about my **job**. Last **summer**, I was looking for a **part-time job**, but I didn't know **what** jobs I really wanted to do. So I came to my cousin for some **advice** because she has built a **great** career.

At the time, one of her friends had just opened a **pet shop** that's devoted to **cats**. So she told me that she could **refer** me to the owner for a part-time job.

But I **doubted** myself at the beginning. I felt that I couldn't do it **just** because I **like** cats. She **tried** her best to help me see past **my** worries. She told me that the **worst** failure is **not trying**. And even if you feel **out** of your depth at this job, you still **learn** something from it and you have **nothing** to lose. And she also helped me realize **why** I was the **right** person for the job.

After **hearing** her out, I decided to give it a **try**. So my cousin **referred** me to her friend. It turned out that she was **totally** right. All those fears and worries **went away** after I actually **started** this part-time job. And I found I took a **liking** to this job bit by bit. Sometimes I even daydream[127] about starting up my **own** pet shop business[128]. So I'm very **grateful** for my cousin's advice, which is not only helpful for my **work**, but also meaningful for my **life**.

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[127] daydream: 白日做梦；空想

[128] starting up my own pet shop business: 创业开自己的宠物店

Describe a gift you would like to buy for your friend.

You should say:

What gift you would like to buy;

Who you would like to give it to;

Why you would like to buy a gift for him/her;

And explain why you choose that gift.

27. 想要送朋友的礼物

I'd like to give a **gift** to a friend of mine to show my **gratitude**. A few **months** ago, I was looking for a **part-time job** but wasn't having any **luck**[129], so I went to my friend for some **advice**.

At the time, one of his friends had just opened a **pet shop** that's devoted to **cats**. So he **referred** me to him. I **doubted** myself at the beginning. But my friend **tried** his best to help me see past my worries. It turned out that he's **right**. Now I've been working here for **two** months, and I really **love** this job. So I think I should send a **thank you** gift to him.

I know he's very **obsessed** with tabletop role-playing games[130], especially the ones that involve **detective** stories. So I was looking for something **engaging** for him. Recently, a **co-worker** of mine **highly** recommended a book to me. It's a Japanese **detective** novel called ***Cat Knows All***. He said it's a **must-read** for anyone who **loves** detective novels. I checked the **brief introduction** of this book. The story starts with an **old gentleman** and his **cat**. One day when he's looking for his **lost** cat, he finds out that some people around him have either **vanished** or **died**. So he **unravels** the mystery while searching for the cat.

It seems like a **perfect** gift for those who love exploring **secrets**. So I've decided to give him this **book** as a gift. I believe my friend will **like** it. After all, you can't go **wrong** by[131] giving people what they **want**.

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[129] wasn't having any luck: 运气不好

[130] tabletop role-playing games: 桌面角色扮演游戏

[131] you can't go wrong by: 你不会错的

Describe a story someone told you and you remember.

You should say：

What the story was about;

Who told you this story;

Why you remember it;

And explain how you feel about it.

28. 别人讲述的故事

I'd like to talk about a story I heard from my **friend** when I was in **middle** school. It was a **Saturday night** and I was hanging out with my friends. One of them decided to tell us a **terrifying** and **mysterious** story to test our nerves[132].

I **don't** remember many details of the story, but I can recall that it starts with an **old gentleman** who lives on an **island** with his cat. His **wife** passed away early in their marriage, so he keeps a cat as **company**. They eat and sleep **together**. But one day the cat **disappears**. The old man goes door to door to **find** the cat. But there are more **strange** things coming out. Some people have either **vanished** or **died**. So he **unravels** the mystery while searching for the cat. Finally, the cat is **found**. And it **leads** the old man and the detective to figure out the **real** murderer.

The story was so **engaging**[133] that I was on the edge of my seat trying to figure out **what** was going to happen. Sometimes, it even gave me **goosebumps**. It was a really **exciting** story. That's why I still **remember** it. I was even **afraid** of walking back home alone that night.

Anyway, although it's a little **scary**, I love the **attitude** towards life that the story **expressed**. Life **doesn't** always go your way, so it's better to be **content** with what you have. **Excessive** greed will lead to bad karma. That's what I **learned** from it. On the whole[134], I like this **horrifying**[135] but also **inspirational** story.

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[132] test our nerves：测试我们的胆量
[133] engaging：吸引人的
[134] On the whole：总的来说
[135] horrifying：令人恐惧的

Describe a house or an apartment you would like to live in

You should say:

What it is like;

Where it would be;

Why you would like to live in this house/apartment;

And how you feel about this house/apartment

29. 想要的公寓或房子

I hope to have a house built above **water**. If memory serves **correctly**, about **two** years ago, I stayed a night at a Bed & Breakfast[136] in **Kunming**. It was a **new** B&B that had just opened to the public. It's been my **favorite** place since my first visit. I really hope to own a **house** like **that** in the future.

The **interior** design[137] of the house is very **intriguing**[138]. But what I like **most** about it is that it's set up in a very **unusual** location. It's at a **huge** park that includes a **giant** artificial lake, as well as a pretty long **pavilion** above the lake. The house is built on a platform that **extends** from the pavilion. So it's built on the **water** and has a **huge deck**. You can **sip** a cup of coffee while enjoying **tons** of **mallards** and **seagulls** passing by on the water. It's especially **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view at a **normal** hotel somewhere else.

So, after I lived there **once**, I've been **dreaming** of owning such a **fantastic** house. I know that living in a house above **water** seems like a **ridiculous**[139] dream as you **rarely** see buildings like that. But since they can build a **B&B** above water, I believe the **architects** can design a **residential** house[140] like that as well. I look forward to seeing a house in the real estate **market**[141] and I hope I can **afford** to buy it at the time.

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[136] Bed & Breakfast: 民宿
[137] interior design: 室内设计
[138] intriguing: 有趣的；迷人的
[139] ridiculous: 可笑的；荒谬的
[140] a residential house: 一个民宅
[141] real estate market: 房产市场

Describe a time you visited a new place.

You should say:

Where it is;

When you went there;

Why you went there;

And explain how you feel about the place.

30. 一个去过的新地方

During the **New Year's** holiday, I visited **Kunming** for the first time with my family. It's the capital of **Yunnan** Province. I really like the **climate** there. I think a **sunny** day with a **mild** temperature[142] around **twenty** Celsius is always the best. As far as I know, Kunming has good weather like this **all** year round.

What's more, there're **lots** of fun places in Kunming. For example, we went to the famous **Green Lake** there. We saw **tons** of **mallards**[143] and **seagulls**[144] passing by on the water. Sometimes they just swam around at a **leisurely** pace[145] for a while then **flew away** together. It was **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view in the **north**. Plus, we saw a rowing race[146] there. That was the **first** time we saw this kind of match. Once it began, **dozens** of boats moved on the water with **drum** beats and **loud** encouragement[147]. And **every** boat was moving fast like a **fish** in water. It was so **exciting**.

Besides that, we ate one of the **specialty** snacks in Kunming called **vegan duck**[148]. It tastes like **duck** meat, but it's actually made of **mushrooms** and **bamboo shoots**[149]. I was **completely** taken in by its look[150] the first time I tried it.

So, there're many **unique** things you can explore in Kunming. It's the **southernmost** city I have ever been to[151] and I **really** like it. It's very **attractive** and worth a **visit**, whether you're going for the **food** or the **scenery** there.

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[142] a mild temperature：一个温和的温度
[143] mallards：野鸭子；绿头鸭
[144] seagulls：海鸥
[145] at a leisurely pace：悠闲的
[146] rowing race：划船比赛
[147] with drum beats and loud encouragement：鼓声和响亮的加油声
[148] vegan duck：素鸭
[149] bamboo shoots：竹笋
[150] was completely taken in by its look：完全被它的外表所迷惑
[151] the southernmost city I have ever been to：我去过的最南端的城市

Describe a city that you think is interesting

You should say:

Where it is;

What the city is famous for;

How you knew this city;

And explain why you think it is very interesting.

31. 有趣的城市

I'd like to talk about the city, **Kunming**, where I visited with my **family** during the **New Year's** holiday. It's the capital of **Yunnan** Province. I really like the **climate** there. I think a **sunny** day with a **mild** temperature around **twenty** Celsius is always the best. As far as I know, Kunming has good weather like this **all** year round. So that's one of the reasons the city **appeals** to me[152].

What's more, there're **lots** of fun places in Kunming. For example, we went to the famous **Green Lake** there. Even though it was **January**, we saw **tons** of **mallards** and **seagulls** passing by on the water. Sometimes they just swam around at a **leisurely** pace for a while then **flew away** together. It was **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view in the **north**. Plus, we saw a rowing race there. That was the **first** time we saw this kind of match. Once it began, **dozens** of boats moved on the water with **drum** beats and **loud** encouragement. And **every** boat was moving fast like a **fish** in water. It was so **exciting**.

Besides that, there're lots of **specialty** snacks in Kunming, like **vegan duck**. It tastes like **duck** meat, but it's actually made of **mushrooms** and **bamboo shoots.** I was **completely** taken in by its look the first time I tried it.

So, there're many **interesting** and **unique** things you can explore in Kunming. It's very **attractive** and worth a **visit**, whether you're going for the **food** or the **scenery** there.

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[152] appeals to me：吸引我

Describe a place (not your hometown) where you would like to recommend living in.

You should say:

Where it is;

How you know there;

What people can do there;

And explain why you would like to recommend the place.

32. 推荐他人居住的地方

In **my** opinion, there are **many** important factors to consider when it comes to finding a **livable** place.

I'm actually **thinking** about where I'll **move** to in the future. After doing a **lot** of research, I found the **perfect** place is **Kunming**, the capital of **Yunnan** Province. I really like the **climate** there. I think a **sunny** day with a **mild** temperature around **twenty** Celsius is always the best. As far as I know, Kunming has good weather like this **all** year round. So if you **love** spring, **this** is the place to live.

What's more, Kunming is a **beautiful** city with lots of **fun** places to check out[153]. For example, my parents and I went to the famous **Green Lake** there. Even though it was **January**, we saw **tons** of **mallards** and **seagulls** passing by on the water. Sometimes they just swam around at a **leisurely** pace for a while then **flew away** together. You know, it's **impossible** to see such a fantastic view in the **north**. Plus, there is a rowing race there **every year**. Once it began, **dozens** of boats moved on the water with **drum** beats and **loud** encouragement. And every boat was moving fast like a **fish** in water. It was so **exciting**.

Anyway, besides **all** that[154], I've also heard that people in Kunming have a relatively **high income** but the **housing** price there is very **affordable**. So all in all, I think it's basically a **perfect** place to live for a **long** time.

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[153] with lots of fun places to check out：有很多可以去看看的好玩的地方

[154] besides all that：除了所有那些

Describe a happy event you organized.

You should say:

What the event was;

Where you had it;

Who helped you to organized it;

And explain how you feel about it.

33. 准备过的开心活动

During the **New Year's** holiday, I took my parents on a **road trip**. I planned the **whole** thing, so it was one of the most **fun** things I've prepared lately.

There are **tons** of things to consider when planning a **trip**. First you need to choose your **destination**. I did a **lot** of research[155] and finally chose **Kunming**, the capital of **Yunnan** Province. I really like the **climate** there. I think a **sunny** day with a **mild** temperature around **twenty** Celsius is always the best. As far as I know, Kunming has good weather like this **all** year round. So I decided to take my parents to **check** it out.

After that, I also asked a **friend** who is from Kunming to **recommend** several must-see places to me. One activity she suggested is watching **seagulls** at the famous **Green Lake** there. It was **amazing**. Even though it was **January**, we saw **tons** of **mallards** and **seagulls** passing by on the water. Sometimes they just swam around at a **leisurely** pace for a while then **flew away** together. It was **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view in the **north**.

Anyway, **besides** that, I also made a **detailed** plan[156] for the accommodation, food and itinerary[157] for the **3-day** holiday. It took me about **2 weeks** to make the whole plan. But it was **totally** worth it. My parents were very **satisfied** with my arrangement. **Thanks** to the plan, we had a **relaxing** and **enjoyable** family trip.

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[155] did a lot of research：做了很多研究
[156] made a detailed plan：做了一个很周密的计划
[157] itinerary：行程

Describe a place in a countryside that you visited

You should say:

Where it is;

When you visited this place;

What you did there;

And how you feel about this place.

34. 乡村一隅

I went to a **village** with my parents during the **New Year's** holiday. It's a **popular** tourist attraction near my hometown. By the way, I found there is a **trend** in recent years that[158] people prefer to travel to the **countryside** rather than big **cities**, which leads many small villages with **beautiful** scenery to become **new** tourist destinations.

Anyway, the village I went to has a **lake** as big as four or five **football** fields, which is a total **gem** to find in nature[159]. **Lots** of people, including me, go to the village to **chill** out and have **fun** at the lake. Even though it was in **January**, I saw **tons** of **mallards** and **seagulls** passing by on the water. Sometimes they just swam around at a **leisurely** pace for a while then **flew away** together. It was **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view in the city where I live.

Plus, I got to see a **rowing race** there. That was the **first** time I saw this kind of match. Once it began, **dozens** of boats moved on the water with **drum** beats and **loud** encouragement. And **every** boat was moving fast like a **fish** in water. It was so **exciting**.

So this is one of the most **unique** places I've ever visited. I've **never** had such a **relaxing** experience in **cities**. When I was there, I could **forget** the hustle and bustle of study/work, which made my mind feel **at ease**.

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[158] there is a trend in recent years that：近年来有一种趋势

[159] a total gem to find in nature：自然界中值得发现的一块瑰宝；一块宝地

Describe a quiet place

You should say:

Where it is;

How you knew it;

What you do there;

And explain how you feel about the place.

35. 安静的地方

Well, when it comes to a **quiet** place I like, the first one that I can think of is a **park** in my hometown. It's about a **15-minute** walk from my home. My first visit to the park was about **two** years ago when the **gigantic** park had just opened to the public. My **mom** likes walking. So, in order to check out the **new** place, I **worked out** with her at the new park. And it's been my **favorite** hangout since my first visit.

It's a **huge** park that includes a **giant** artificial lake, as well as a pretty long **pavilion**[160] above the lake. You can **sit** in the pavilion while enjoying **tons** of **mallards** and **seagulls** passing by on the water. Other than the occasional **bird call**[161], you **can't** hear any other noise.

Plus, there are so many **people** hanging out in the park on a **daily** basis, but it's **rare** to hear any **shouting** or other **loud** sounds, like music from **square dancing**. Most people there just have fun by practicing **calligraphy** or doing some **tai-chi**. **Everyone** is focused on their **own** thing. I **really** like this kind of atmosphere because it easily calms me down. You just **forget** the hustle and bustle of study/work, and **enjoy** the peace and quiet of nature. It really set my mind at **ease**.

So I think it's the **quietest** place I know, and it's also where I often go for a **morning** workout and a **night** walk. I **really** like being there.

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[160] pavilion：亭子

[161] the occasional bird call：偶尔的鸟鸣声

Describe a special day that you went out but didn't spend much money

You should say:

What day it was;

Where you went;

What you did;

And explain how you felt about it.

36. 外出花费甚少的一天

Speaking of a day I **didn't** spend much money, the **first** one I can think of is the day when I visited a **village**. It's a **popular** tourist attraction near my hometown.

Since it's a **village**, there aren't many **recreational** facilities[162]. But the village has a **lake** as big as four or five **football** fields, which is a total **gem** to find in nature. **Lots** of people, including me, go to the village to **chill out** and have **fun** at the lake. Even though it was **January**, I saw **tons** of **mallards** and **seagulls** passing by on the water. It was **breathtaking** seeing **so many** birds taking off from the water. There were **plenty** of tourists **watching** the birds around the lake, but there weren't any **stalls**[163] selling snacks or drinks, which is pretty **unusual** for an attraction.

Besides, I got to see a **rowing race** there. That was the **first** time I saw this kind of match. And I didn't need to pay **anything** for it either. Once it began, **dozens** of boats moved on the water with **drum** beats and **loud** encouragement. And **every** boat was moving fast like a **fish** in water. It was so **exciting**.

So I experienced a **lot** of **new** things that day at basically **no** cost[164]. The **only** cost was **lunch**, which was less than **100** yuan. It was literally the **first** time ever that I spent so little at a tourist attraction. I think it's **mainly** because it's a **traditional village**, so it hasn't been **commercialized** yet[165]. Honestly, I really **like** the way it is.

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[162] recreational facilities：娱乐休闲设施
[163] stalls：小摊;摊点
[164] at basically no cost：基本没花什么钱
[165] it hasn't been commercialized yet：它还没有那么商业化

Describe an important river/lake in your country

You should say:

Where it is located;

How big/long it is;

What it looks like;

And explain why it is important.

37. 重要河流/湖泊

I'd like to talk about an important **lake** in downtown **Kunming** called **Green Lake**. It's **not** the **largest** lake in the province. But it's still **vital** to my hometown.

There are **tons** of migrant birds[166] that stay at the lake during the **winter**. Even in **January**, you can see **tons** of **mallards** and **seagulls** passing by on the water. Sometimes they just swim around at a **leisurely** pace for a while, then they **fly away** together. It's **breathtaking** seeing **so many** birds taking off from the water. You know, it's **impossible** to see such a fantastic view in the **north**. So there are a **lot** of tourists who would love to check it out during their **stay** in my hometown.

Besides, Green Lake **enriches** the locals' lives[167] because we have **many** recreational activities held on or nearby it. For example, there is an **annual** **rowing race** that takes place on the lake. And there's a big **park** around the lake where **many** people love to hang out. Some like practicing **calligraphy** and others like doing some **tai-chi**. **Everyone** is focused on their **own** thing. Once you are **there**, you just **forget** the hustle and bustle of study/work, and **enjoy** the peace and quiet of nature. It really sets your mind at **ease**.

Honestly, if we **didn't** have the lake, we would lose an important **recreational** place for the public in the **downtown** area. It'd also be a **disaster** for the migrant birds. So the Green Lake is really one of nature's **best gifts** to us.

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[166] migrant birds：候鸟

[167] enriches the locals' lives：丰富了当地人的生活

Describe something that can help you concentrate on work/study.

You should say:

What it is;

How does it help you;

What do you think about it;

And explain why you think it is helpful

38. 帮助提高专注力的东西

I'd like to talk about a smartphone app called **Offtime**. I use it whenever I need to **focus** on study/work.

Honestly, I'm very **easily** distracted by my **cellphone** when I need to study/work. Especially when I'm reading something **challenging**[168], I always have an **urge** to[169] scroll through **social media**[170], read news or even play cellphone **games**. It's so **hard** for me to concentrate when I have a **cellphone** around.

One time I saw a **post** on Weibo that **highly** recommended people who are bothered by cellphone distraction to use an **app** called Offtime. It says it helps people be more **productive** with study/work. I **downloaded** it and used it right away. It turned out that it works like a **charm**[171]. Once you turn it **on**, it **locks** your cellphone so there's **no way** to use other apps. If you want to **deactivate** the app in advance[172], you have to press the button for **15 minutes** straight[173]. So it literally turns my cellphone into a **brick**[174] for 3 hours. There were a few times I wanted to **unlock** it, but I couldn't **keep** pressing the button that long. I ended up sitting in front of my desk and did a **lot** of work.

Anyway, **thanks** to this app, I **don't** get distracted by my cellphone anymore. I've become more **disciplined** when I study/work. I've also recommended it to my **friends** and they think it's an **awesome** app as well. I'm glad I could find such a **great** tool to help me focus.

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[168] reading something challenging: 阅读一些更难的东西
[169] have an urge to: 有一种冲动去…
[170] scroll through social media: 刷社交媒体
[171] It works like a charm: 它非常有效
[172] deactivate the app in advance: 提前关闭这个 app
[173] press the button for 15 minutes straight: 一直按键 15 分钟；如不懂此处 straight 用法，请微信留言问 Penny 老师
[174] turns my cellphone into a brick: 把我的手机变成一块砖头；形容手机完全无法使用

Describe a way/change that helps you save a lot of time

You should say:

What it is;

How you implement it;

How it helps you save time;

And explain how you feel about the way (about your change)

39. 节约时间的方法

I'd like to talk about a smartphone app called **Offtime**, which I **downloaded** several months ago. It helps you **reduce** the time you waste on cellphone entertainment. So I think it's done a **great** job of[175] **saving** me time.

Before I used this app, I was very **easily** distracted by my **cellphone**. Every time I wanted to do something **important**, I always had the **urge** to scroll through **social media**, read news or even play cellphone **games**. Tons of time that I was supposed to use on study/work was **wasted** when I had a **cellphone** around.

One time I saw a **post** on Weibo that **highly** recommended people who are **bad** at time management to use an **app** called Offtime. I **downloaded** it and used it right away. It turned out that it works like a **charm**. Once you turn it **on**, it **locks** your cellphone so there's **no way** to use other apps. If you want to **deactivate** the app in advance, you have to press the button for **15 minutes** straight. So when you want to focus on something and are worried about **wasting** time on your cellphone, you can just **turn on** this app.

Thanks to this app, I **don't** get distracted by my cellphone anymore and have **stopped** wasting time. I've become **way** more productive than before, which makes me feel that I have a lot of **more** time to do things that I like. I'm glad I could find such a **great** tool to help me **save** time.

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[175] done a great job of: 干的很好；做的很棒

Describe a lesson you remember

You should say:

What the lesson was about;

Where you had it;

Why you remember it;

And explain how you feel about the lesson.

40.印象深刻的一节课

I'd like to talk about a class I had in **primary** school. When I was in grade **five**, I **transferred** to a new primary school because my family **relocated** to another city. So the **first** class as a transfer student[176] really left a **mark** on me.

I remember it like it was **yesterday**. It was an **art** class taught by our class teacher, Ms. **Zhang**. She welcomed me to the **whole** class warmly. It also happened to be close to the **Dragon Boat** Festival, which is an **important** public holiday in our country. Traditionally, it's for expelling **evil** spirits[177] as well as a **memorial** day[178] for a great poet, **Qu Yuan**, from our history. So Ms. Zhang organized a **sachet-making** event[179]. She brought **needles, threads** and various shapes of **cloth** to the class. Since it was my **first** time doing needle work[180], it looked pretty **ugly**. But what I **didn't** expect is that Ms. Zhang **showed** my craft to the class and **complimented** me for making a good artwork.

Actually, the sachet I made **wasn't** good. I know that Ms. Zhang was just **helping** me build a **good** relationship with my classmates. So I **appreciated** her a lot. She gave me a **lot** of encouragement to cheer me up. Thanks to **her**, I started to **fit** in with the class from then on[181], which is also why I **remember** this class so well. Honestly, I was so **fortunate** to have such a **good** teacher when I was a kid.

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[176] a transfer student: 一个转学生
[177] expelling evil spirits：驱邪祛厄
[178] a memorial day：纪念日
[179] organized a sachet-making event：组织制作香包的活动
[180] doing needle work：做针线活
[181] fit in with the class from then on：从那时起开始融入这个班级

Describe an important event you celebrated.

You should say:

What the event was;

When it happened;

Who attended the event;

And explain how you feel about the event.

41. 庆祝过的活动

I'd like to talk about the time I made a fragrance **sachet**[182] at school to celebrate the **dragon boat** festival, which is an **important** public holiday in our country. Traditionally, this festival is for expelling **evil** spirits as well as a **memorial** day for a great poet, **Qu Yuan**, from our history.

In the past, **all** Chinese families made fragrance sachets to **eliminate** bad luck and bring **good** fortune[183]. So our school organized a **sachet-making** event to ease our stress[184] during the **pandemic**[185]. The teachers brought **needles**, **threads** and various shapes of **cloth** to the class. They even prepared **herbs** for traditional Chinese medicine because people always believe the **scent** of the medicine can help keep away **illness**.

Anyway, with our teachers' **demonstration**, we all made our **own** fragrance sachets. Since it was my **first** time doing needle work, I found it **hard** to stitch the cloths together[186]. The **first** one I made looked pretty **ugly**. But after I got the **hang** of it[187], I made **four** more.

Later we **distributed** all these little bags to other teachers and students as Dragon Boat Festival **gifts**. That was the **first** time I celebrated this festival in such a **meaningful** way. Honestly, **traditions** of the dragon boat festival have been going on in **our** country for more than **2,000** years. But nowadays there're **very few** people that would spend so much time on **sewing**[188] a fragrance sachet by **hand**. So, I think it's **necessary** to organize these kinds of activities to let people know more about our **culture**.

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[182] fragrance sachet：香囊
[183] eliminate bad luck and bring good fortune：消灾祈福
[184] ease our stress：缓解我们的压力
[185] pandemic：疫情
[186] stitch the cloths together：把布缝在一起
[187] got the hang of it：掌握了窍门
[188] sewing：缝

Describe a traditional product in your country

You should say:

What it is;

When you tried this product for the first time;

What it is made of;

And explain how you feel about it.

42. 传统产品

The **traditional** product I'd like to talk about is an **embroidery** craft[189], **fragrance sachet**, which came from China's **Qin** Dynasty[190].

These little bags were a kind of **perfume**-like accessory[191] thousands of years ago. They're also a signature **folk** art craft[192] that Chinese people love to **buy** or even **make** for the **Dragon Boat Festival**, which is an **important** public holiday in our country. Traditionally, the festival is for expelling **evil** spirits as well as a **memorial** day for a great poet, **Qu Yuan**, from our history.

In the past, **all** Chinese families made those bags to **eliminate** bad luck and bring **good** fortune. Of course, now most people just **buy** them from a shop to save **time**. Anyway, sachets usually contain **herbs** for traditional Chinese medicine because people always believe the **scent** of the medicine can help keep away illness.

Actually during the **last** Dragon boat festival, our **school** organized a **sachet-making** event to ease our stress during the **pandemic**. Since it was my **first** time doing needle work, it looked pretty **ugly**. But the experience gave me more **insights** into[193] the handicraft. In fact, **traditions** of the dragon boat festival have been going on in our country for more than **2,000** years. But nowadays there're **very few** people that would spend so much time on **sewing** a fragrance sachet by **hand**. So, I think it's **necessary** to organize these activities like sachet-making to let people know more about **fragrance sachets**, because it's part of our **culture** and should be **preserved**.

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[189] an embroidery craft：一个刺绣工艺品
[190] Qin Dynasty：秦朝
[191] perfume-like accessory：像香水一样效果的随身配饰
[192] signature folk art craft：标志性的民间工艺品
[193] gave me more insights into：让我对…有了更多深入的了解

Describe a time when you helped a child

You should say:

When it was;

How you helped him/her;

Why you helped him/her;

And how you felt about it.

43. 帮助小孩

I helped my neighbor's **daughter** a short while ago[194]. The little girl is a grade **four** student in **elementary** school. Once she had a homework **assignment** to make a **fragrance sachet** by hand. This was really **tricky**[195] for her. Since her parents were **busy** at work, she asked **me** for help.

Fragrance sachets are a signature **folk** art craft that Chinese people love to **make** for the **Dragon Boat Festival**, which is an **important** public holiday in our country. In the past, **all** Chinese families made those bags to **eliminate** bad luck and bring **good** fortune. Of course, now most people just **buy** them from a shop to save **time**. So even **I** didn't know how to make it. The little girl was **stressed out** because the **deadline** of the submission[196] was the **next** day. So I had to search for a **tutorial**[197] with my phone so we could **teach ourselves**. Luckily I found a **simple** one and started teaching her how to stitch the little bag **step by step** while watching the video.

Since it was her **first** time doing **needle** work, it was **hard** for her to stitch the cloths together. So I spent a **lot** of time explaining this part. Eventually, it took us a **whole** day to finish the assignment. Honestly, I **don't** think it's **easy** to tutor kids these days. I **don't** know much about what they learn. **Without** the help of my phone that day, I'm afraid the little girl would have looked **down** on me[198], which would've been very **embarrassing**[199].

[194] a short while ago：不久以前
[195] tricky：有些难；棘手的
[196] the deadline of the submission：交作业的截止时间
[197] tutorial：教程
[198] would have looked down on me：会鄙视我；会瞧不起我
[199] would've been very embarrassing：那可能就尴尬了

Describe a time you used your cellphone to do something important.

You should say:

What happened;

When it's happened;

How important the cellphone was;

And explain how you felt about the experience.

44. 用手机做重要的事

I'd like to talk about the time I used my mobile phone to search for **help** when I ran into a **problem**[200] a short while ago. My neighbor's **daughter** had a homework **assignment** to make a fragrance **sachet** by hand. This was really **tricky** for her. Since her parents were **busy** at work, she asked **me** for help.

Fragrance sachets are a signature **folk** art craft that Chinese people love to **make** for the **Dragon Boat Festival**, which is an **important** public holiday in our country. But now most people just **buy** them from a shop to save **time**. So even **I** didn't know how to make it. The little girl was **stressed out** because the **deadline** of the submission was the **next** day. Then a **brilliant** idea popped up in my mind. I could search for a **tutorial** with my **phone** and we could **teach ourselves**. Luckily I found a **simple** one and started teaching her how to stitch the little bag **step by step** while watching the video.

Eventually, it took us a **whole** day to finish the assignment. Honestly, **without** the help of my **phone** that day, I'm afraid the little girl would have **missed** the due date of her homework, which may have caused her to look **down** on me. That would've been very **embarrassing**. So my cellphone really did me a **big** favor[201]. Actually, nowadays whenever I encounter something **difficult**, the **first** thing I do is use my cellphone to **google** it. I think this is the most **important** function of smartphones.

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[200] ran into a problem：遇到一个问题

[201] did me a big favor：帮了我一个大忙

Describe a piece of clothing you have that was given by someone.

You should say:

What it was;

Who gave it to you;

When you got that;

And whether you liked it or not.

45. 别人送你的衣服

I'm going to talk about a **sweater** that I got from my friend. If memory serves **correctly**, I got this sweater a **couple** years ago. My friend wanted to do something **creative** for my **birthday**. So she decided to buy a sweater and embroider[202] my favourite animal, a tiger, onto it. It's special to me because I was born in the **Year** of the **Tiger** in the Chinese Zodiac[203].

I remember that my friend kept the gift a **secret** for the weeks leading up to my birthday[204]. I knew she was really **talented** at embroidery[205], so I always asked to see **what** project she was working on. But since it was a **gift** for me, she didn't want to give the **surprise** away[206]. She just told me that she had been too **busy** to do any embroidery. But at my birthday **party**, she gave me the sweater and I was **totally** blown away. The sweater is **black**, so the orange and white thread **really** stands out[207]. She also used the **black** fabric to show the **eyes** and some of the **stripes**. I was amazed by how **creative** it was.

Even though it's just **stitched** on[208], the embroidered tiger looks so **lifelike**[209]. I honestly **couldn't** believe my eyes when I first saw it. I was really **touched** by her thoughtful gift. It's honestly one of my **most** prized possessions[210]. I really **love** this sweater. I hope that I **never** outgrow it[211].

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[202] embroider：刺绣
[203] in the Chinese Zodiac：在中国的十二生肖里
[204] leading up to my birthday：在我生日前…
[205] was really talented at embroidery：很擅长刺绣
[206] didn't want to give the surprise away：不想把惊喜泄露出去
[207] stands out：突出；此处指颜色显眼
[208] it's just stitched on：只是缝上去的（绣上去的）
[209] lifelike：像真的一样
[210] prized possessions：珍贵的财富
[211] I hope that I never outgrow it：我希望永远都能穿的上它；这里 outgrow 就是指"长得比…大"

Describe something that surprised you

You should say:

What it is;

How you found out about it;

What you did;

And explain whether it made you happy.

46. 让你惊讶的事情

I'd like to talk about the story of how my **friend** secretly prepared my **birthday present** behind my back[212]. It happened when I was a **freshman** in college.

I remember that my friend kept the gift a **secret** for the weeks leading up to my birthday. I saw her a few times with something for **embroidery**, so I always asked to see **what** project she was working on. But since it was a **gift** for me, she didn't want to give the **surprise** away. She just told me that she had been too **busy** to do any embroidery.

But at my birthday **party**, she gave me a **sweater** and told me she decided to do something **creative** for my birthday as soon as she found out my **birthdate**. She bought a sweater and **embroidered** my favourite animal, a tiger, onto it. It's special to me because I was born in the **Year** of the **Tiger** in the Chinese Zodiac. Even though it's just **stitched** on, the embroidered tiger looks so **lifelike**. I honestly **couldn't** believe my eyes when I saw it.

My friend said she had been **preparing** this gift for almost **a month**, and kept it a **secret** from me so she could give me a big surprise. I was really **touched** by her thoughtful gift. It was the **first** time that someone planned a **surprise** for my birthday, so this gift really left a **mark** on me[213]. And I'm so **lucky** to have such a **nice** friend.

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[212] behind my back: 背着我

[213] left a mark on me: 让我印象深刻

Describe a long walk you had.

You should say:

When this happened;

Where you walked;

Who you were with;

And explain how you felt about this long walk.

47. 远距离步行

If memory serves **correctly**, the only time I had a **long** walk was about **two** years ago when a **gigantic**[214] park had just opened to the public. My **mom** likes walking. So, in order to check out the **new** place, I **worked out** with her at the new park.

We had a walk on a **Saturday morning**. It was an **amazing** feeling at the very **beginning**. I saw **so many** people hanging out in the park. Some were practicing **calligraphy**[215] and others were doing some **tai-chi**. **Everyone** was focused on their **own** thing. I **really** liked this kind of atmosphere because it **easily** calmed me down. You just **forget** the hustle and bustle[216] of study/work, and **enjoy** the peace and quiet of the **morning** surrounded by nature. It made my mind feel **at ease**.

But after **an hour**, I began to get **annoyed** because the park is so **big** that we kept **walking** around an artificial lake but couldn't find the **exit**. We had to take a **break** and we ended up taking over **two** hours to walk out of the park.

I **didn't** plan to walk for **that** long. My legs were **killing** me[217] the next day. My mom made **fun** of me[218] for being so **weak** physically but she was **right**. I often work at **night** and sleep **too** late, so it's **hard** for me to do exercises in the **morning**. But now I'm trying my **best** to change up my **routine**. After all, health is the most **precious** asset[219].

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[214] gigantic：巨大的
[215] calligraphy：书法
[216] hustle and bustle：疲累烦扰
[217] My legs were killing me：我的腿疼死了
[218] made fun of me：取笑我
[219] health is the most precious asset：健康是最宝贵的财富

Describe a positive change in your life

You should say:

What the change was about;

When it happened;

Who helped you;

And explain how it affected you later in life.

48. 积极改变

I used to be a **night owl**[220] and **didn't** work out very often. But now I have **changed** my daily routine and have been getting up **early** to go jogging.

It was my **mother** who talked me into[221] making this change. About **half** a year ago, a **gigantic** park had just opened to the public near my home. My **mom** likes jogging. So, in order to check out the **new** place, I **worked out** with her at the new park. But my legs were **killing** me the next day. My mom made **fun** of me for being so **weak** physically. She said I often work **late** at night and sleep in **too** late which **isn't** a healthy habit, so she insisted that I get up **early** every day to **exercise** with her.

Honestly, it's **easier** to stick to working out when you have **company**[222]. **Thanks** to my mom, I've gotten rid of my **bad** habits[223] and built a **healthier** lifestyle. Every morning at **7**， I go for a **run** at the park with her. And I found jogging can **easily** calm me down. I just **forget** the hustle and bustle of study/work, and **enjoy** the peace and quiet of the **morning** surrounded by nature. It even makes me more **productive** with study/work for the **rest** of the day.

Now, a morning workout[224] has become **part** of my daily routine. I've become more **active** and **energetic** because of it. I'm also **grateful** to my mom for helping me make such a **great** change in my life.

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[220] night owl：夜猫子
[221] talked me into：说服我去
[222] have company：有人陪伴
[223] gotten rid of my bad habits：改掉我的坏习惯
[224] a morning workout：晨练

Describe something you do to keep fit and healthy/Describe an activity you do to stay healthy

You should say:

what it is

how often you do it

how you do it (or, how easy or difficult it is to do)

and explain how it helps to keep you fit.

49. 保持健康的方法

I think having **morning runs** is a **great** way to help me stay **healthy**. I've been keeping up this habit[225] for **half** a year.

Actually I used to be a **night owl** and **didn't** work out very often. But my **mom** talked me into working out with her. About **half** a year ago, a **gigantic** park had just opened to the public near my home. My mom likes **jogging**. So, in order to check out the **new** place, I **worked out** with her at the new park. But my legs were **killing** me the next day. My mom made **fun** of me for being so **weak** physically. She insisted that I get up **early** every day to **exercise** with her.

Honestly, it's **easier** to stick to working out when you have **company**. **Thanks** to my mom, I've gotten rid of my **bad** habits and built a **healthier** lifestyle. Every morning at **7**， I go for a **run** at the park with her. And I found jogging can **easily** calm me down. I just **forget** the hustle and bustle of study/work, and **enjoy** the peace and quiet of the **morning** surrounded by nature. It even makes me more **productive** with study/work for the **rest** of the day.

Now, a morning workout has become **part** of my daily routine. I've become more **active** and **energetic** because of it. I think I'll **stick** to this exercise all my life, and I believe it's the **right** activity to help me stay **young**.

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[225] keeping up this habit：保持这个习惯

Describe a special toy you had in your childhood.

You should say:

What it was;

Who gave it to you;

How often (How) you played with it;

And explain why it was special for you

50. 小时候喜欢的玩具

The toy I'd like to talk about is a **Rubik's cube**. When I was in grade **4** or grade **5** in **primary** school, I went to a **night market** with my parents and we saw an **old gentleman** selling Rubik's Cubes. Since I'd **never** played with a Rubik's Cube before, I bought a **regular** one to solve it for **fun**.

I remember that the old man even **showed** me how to solve it. His hands were **quick** and he solved the cube in **two** or **three** minutes. He **really** blew my mind. So I started to think about how to **solve** the Rubik's cube from the **moment** I got it. Honestly, it was **too** hard for a **ten-year** old child. But I was **obsessed** with it and kept **trying** to solve it by myself. I found it really puts your **memory** and spatial **imagination** to the test. You have to **remember** where each color goes. Plus, you have to constantly imagine **different** spatial patterns in your head to help you figure out what to do **next**...

I **can't** recall how long it took me to solve it for the **first** time, probably **two months**. But I was **over** the moon when I succeeded. I had a **great** sense of achievement. Since then, I often shuffle the cube and **reset** it. Even now, I **still** play with it from time to time. My best record is **5 minutes**. I'm **way** slower than **professional** Rubik's cube players, but it's **good** enough for an amateur like me. I think it's the toy I've played the **longest** with[226].

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[226] it's the toy I've played the longest with：这是我玩过的时间最长的玩具